

# 2018 Walk Maryland Day Report



Report composed by the Center for Chronic Disease Prevention and Control at the  
Maryland Department of Health

## Summary

Daily walking provides many health benefits, including maintaining a healthy weight. Physical activity guidelines recommend that adults engage in 150 minutes a week of moderate intensity aerobic physical activity, such as brisk walking; children and adolescents should engage in 60 minutes or more each day<sup>1</sup>. People who are physically active have a lower risk for heart disease, stroke, type-2 diabetes, depression, and some cancers<sup>1</sup>.

Governor Larry Hogan declared October 10, 2018 the fourth annual Walk Maryland Day. Walk Maryland Day is a celebration of our state's official exercise and a call to action to promote walking for physical activity and improved health. New this year was a goal to register 100 Walking Leaders. Walking Leaders are change agents within different sectors of the community who see the health benefits of walking and encourage fellow Marylanders to take time out of their day to enjoy a walk within their community. This goal challenged Marylanders to get up, get out, and get moving.

Walk Maryland Day is an initiative spearheaded by a 13-member planning committee. The committee meets monthly to plan goals and activities for Walk Maryland Day. Committee member duties range from offering support and collaboration; to planning, promotion, implementation of Walk Maryland Day and related activities where possible; and support sustainability efforts to keep Marylanders walking.

### **Walk Maryland Day Planning Committee**

- Adriana Hochberg, America Walks Walking College Fellow
- Caroline Green, Maryland Department of Health
- Christine Boyd, Maryland Department of Health
- Eileen Sparling, Maryland Department of Health
- Erin Ashinghurst, Maryland Department of Health
- Erin Penniston, Maryland Department of Health
- Kristi Pier, Maryland Department of Health
- Lea Jaspers, Maryland State Department of Education
- Lisa McCoy, University of Maryland Extension
- Liz Woodard, Maryland Department of Aging
- Nacole Smith, Maryland Department of Health
- Oluseyi Olugbenle, Maryland Department of Transportation
- Thuy Nguyen, Maryland Department of Health

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<sup>1</sup> Centers for Disease Control and Prevention, 2018. Accessed at: <https://www.cdc.gov/physicalactivity/index.html>

## Highlights

- Governor Larry Hogan proclaimed October 10, 2018 as Walk Maryland Day
- 108 registered Walking Leaders – goal met!
- Over 100 walks hosted throughout Maryland
- 15,587 individuals walked during Walk Maryland Day
- 88 schools in Maryland participated in International Walk to School Day
- 55 senior centers participated in Walk Maryland Day
- All 24 Maryland jurisdictions participated in Walk Maryland Day
- Over 7 million miles walked!

## Walking Leaders

Below is a list of our 2018 Walking Leaders.

### **Allegany County**

- Lee Ann Nightingale
- Lori Spence

### **Anne Arundel County**

- Anne Gotimer
- Ellen Ormsby
- Kevin Johnson
- Lori Freedman
- Nancy Schultz
- Nikki Weaver
- Patricia Rice
- Suzie Antkowiak
- Toron Green

### **Baltimore City**

- Bernadette Henderson
- Christine Boyd
- Deric Gross
- Johnel Metcalf
- Kay Underwood
- Mia Matthews
- Rosetta Sabb
- Vanessa Michel

**Baltimore County**

- Apri Lemon
- Courtney Gonce
- Erin Ashinghurst
- Kathleen Connors-Juras
- Nacole Smith
- Sydnee Distance

**Calvert County**

- Taylor Morton

**Caroline County**

- Brandy Warnick
- Katie Welcher
- Leigh Marquess

**Carroll County**

- Angie Walz
- Erica Starr
- Jennifer Burr
- Lisa Wack
- Melissa Cougnet
- Victoria Minkowski

**Cecil County**

- Lyndsey Scott

**Charles County**

- Angela Deal
- Debi Shanks
- Erin Zimmer
- Kathy Faubion
- Kelly Phipps
- Kristin Baucom
- Paulette Ager

**Dorchester County**

- Jason Chance

**Frederick County**

- Angela Blair
- Carol Hulver
- Jennifer Haley
- Jessica Plowman

**Garrett County**

- Amy Ritchie
- Caroline Green
- DeAnn Kennell
- Kate Brodie
- Lisa Wilson
- Roberta Cvetnick

**Howard County**

- Alma Blue
- Candace Ball
- Kelly Kesler
- Lauren Williams
- Liz Woodard
- Pat Wilkerson
- Razan Sahuri
- Regina Jenkins
- Shawni Paraska
- Tara Butler

**Kent County**

- Nicole Morris

**Montgomery County**

- Amanda Cohill
- Charlyn Simpson
- Elizabeth Hunt
- Karen Manzanilla
- Tina Purser Langley

**Prince George's County**

- Bonita Shelby
- Nina Games
- Tiffany Williams Jennings

**Queen Anne's County**

- Ann Martin

**Somerset County**

- Christopher Parks
- Sarafina Cooper

**St. Mary's County**

- Alice Allen
- Jacqueline Heaney
- Lucy Myers

**Talbot County**

- Teresa Greene

**Washington County**

- Hannah Person
- Janis Williamson
- Lacy DeRigo

**Wicomico County**

- Alyssa Rink
- Ana Maldonado
- Beth Hastings
- Cara Rozaieski
- Cheryl Shrieves
- Creig Twilley
- Jennifer Johnson
- Jill Long
- Kimberly Bateman
- Kimberly Bateman
- Nance Held
- Nicole Johnson
- Sophia Keithley
- Staci McGowan
- Tynisha Mosely

**Worcester County**

- Crystal Bell
- Kathy Wool
- Tiffany Scott

Walk Maryland Day Photos  
Allegany College of Maryland



American Cancer Society



Aspen Hill



**Blind Industries and Services of Maryland**



**Caroline Center Inc.**



Carroll County



**Charles County Health Department**



**Columbia Association**



**Holly Center Campus**



Howard County



**Howard County General Hospital**



**International Walk to School Day in Baltimore City**



# International Walk to School Day in Montgomery County



City of Gaithersburg, MD

@GburgMD

Follow

This is the best #WalkToSchoolDay ever! Thanks for joining Mayor @judashman, everyone!



6:03 AM - 10 Oct 2018 from Gaithersburg Middle School

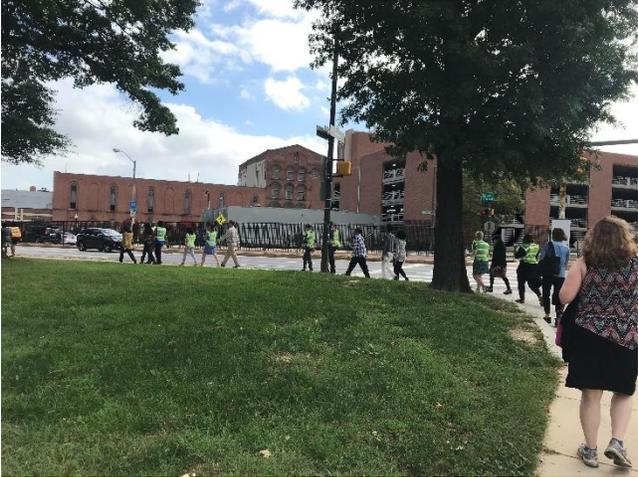
16 Retweets 25 Likes



Montgomery Council, Pete Piringer, Montgomery Co Police and 4 others

1 16 25

**Maryland Department of Health**



**Maryland Physicians Care**



Montebello Lake



**Pikesville**



Prince George's County



**Public Access Channel 14**



Somerset County



University of Maryland Extension



Washington County Health Department



Wicomico County



Wicomico County Health Department



Worcester County Health Department

# just walk WORCESTER

Worcester County Health Department

